

**UNIVERSITY OF SOUTHERN MAINE
TECHNICAL STANDARDS FOR ADMISSION
HEALTH FITNESS MAJOR**

The Health Fitness Major at The University of Southern Maine is a rigorous and intense program that places specific requirements and demands on the students enrolled in the program. An objective of this program is to prepare graduates to enter a variety of fitness, research and clinical settings with a wide spectrum of individuals, patients and athletes engaged in physical activity. The technical standards set forth by the Health Fitness Major establish the essential qualities considered necessary for students admitted to this program to achieve the knowledge, skills, and competencies of an entry-level health fitness instructor. The following abilities and expectations must be met by all students admitted to the Health Fitness Major. Candidates for selection to the health fitness major will be required to verify that they understand the standards and, with or without reasonable accommodations, meet the standards. For information regarding the University's policy for accommodating students with disabilities contact the Disability Services Office at 780-4706.

Compliance with the program's technical standards does not guarantee a student's eligibility for the American College of Sports Medicine's Health Fitness Instructor certification exam.

Candidates for selection to the Health Fitness Major must demonstrate:

1. the mental capacity to assimilate, analyze, synthesize, integrate concepts and problem solve to formulate exercise assessment and programming judgments and to be able to distinguish deviations from the norm.
2. sufficient postural and neuromuscular control, sensory function, and coordination to perform appropriate exercise assessment using accepted techniques; and accurately, safely and efficiently use equipment and materials during exercise assessment and programming.
3. the ability to record the exercise assessment results and formulate an exercise plan clearly and accurately.
4. the capacity to maintain composure and continue to function well during periods of high stress.
5. the perseverance, diligence and commitment to complete the health fitness program as outlined and sequenced.
6. flexibility and the ability to adjust to changing situations and uncertainty in exercise situations.
7. affective skills and appropriate demeanor and rapport that relate to professional preparation and quality exercise assessment, prescription, and programming.

A student who is admitted to the major but unable to fulfill these technical standards, with or without reasonable accommodation, will not be able to complete the major.

I certify that I have read and understand the technical standards for selection listed above, and I believe to the best of my knowledge that I meet each of these standards without accommodation. I understand that if I am unable to meet these standards I will not be admitted into the program.

Signature of Applicant

Date

Alternative statement for students requesting accommodations.

I certify that I have read and understand the technical standards of selection listed above and I believe to the best of my knowledge that I can meet each of these standards with certain accommodations. I will contact the Department of Exercise, Health, and Sport Sciences to determine what accommodations may be available. I understand that if I am unable to meet these standards with or without accommodations, I will not be admitted into the program.

Signature of Applicant

Date